

2025-2026 AMERICHEER FAMILY OF BRANDS SCORING RUBRIC – JV, FRESHMEN, MIDDLE SCHOOL DIVISIONS

Applicable to Middle School, Junior Varsity, Freshmen

Note: Other factors that may determine difficulty scores are pace, combination of skills, number of bases, additional skills executed but not by MOST = 75%. These would be considered score drivers/score boosters
AmeriCheer Reserves the right to make all the final scoring and legality decisions



STUNTS AND TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
1.0-2.0	1.0-2.0	1.0-2.0	2.5
Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below requirements
2.0-3.0	2.0-3.0	2.0-3.0	3.0
- Preps OR - One leg variations below prep level	- One Leg Stunts at Prep Level AND/OR - Extended Two Leg Stunts	- Forward/Backwards Rolls OR - Cartwheel OR - Front/Back Walk Overs OR - Round offs	Single Advanced Jump by MOST Synchronized
3.0-4.0	3.0-4.0	3.0-4.0	4.0
- Extensions OR - One Leg Stunts at prep level (See Intermediate Restrictions)	Multiple (2 or More) One Leg Stunts (See Intermediate Restrictions)	- Round off BHS OR - Round off BHS Series OR - Standing BHS OR - Standing BHS Series OR - Jump/Single BHS	Double Advanced Jump Combinations by MOST Synchronized
4.0-5.0	4.0-5.0	4.0-5.0	5.0
- Extended Single Leg Stunt AND - Single Twist TO or FROM two leg stunt See Example of Intermediate Stunt Skills (See Intermediate Restrictions)	- Multiple (2 or More) transitional elements, one of which is a release AND - Multiple (2 or More) extended structures including extended one leg stunts	- Standing Back Tuck - Standing BHS Tuck - Round-off BHS Back Tuck - Round-off Back Tuck - Jump Combinations to Standing BHS Tuck - Jump Combinations to Standing Back Tuck - Advanced Elite/Specialty passes that include Whips, Layouts, Fulls, and or Advanced/Elite Specialty Combo, etc.	Triple Advanced Jump combinations or Double Jump combinations and a Single Jump by MOST synchronized MUST include VARIETY

STUNT INFORMATION	TOSS INFORMATION	TUMBLING INFORMATION	ADVANCED JUMP INFORMATION
*The number of stunt groups/athletes is the minimum number that should be executed. Utilizing ALL stunt groups/athletes could positively impact your difficulty scores.	Tosses are NOT required but may be rewarded in the Pyramids category and will be considered a Pyramid at the discretion of the Pyramid judge(s). <i>See actual 2025-2026 NFHS Spirit Rules Book for Toss Restrictions</i>	Tumbling will be cumulatively considered to determine a scoring range; however once in range, athlete participation and synchronization will impact your score	- Herkie/Hurdler (Left/Right)(Front/Side) Herkie/Hurdler in different directions are considered the SAME Jump - Toe Touch - Pike

MINIMUM QUANTITY CHARTS			ADDITIONAL INFORMATION	DANCE/MOTIONS																																									
<table><tr><th># of Athletes</th><th>Stunts</th><th>Pyramid</th></tr><tr><td>5-10</td><td>1</td><td>2</td></tr><tr><td>11-14</td><td>2</td><td>2</td></tr><tr><td>15-19</td><td>3</td><td>3</td></tr><tr><td>20-25</td><td>4</td><td>4</td></tr><tr><td>26-30</td><td>5</td><td>5</td></tr></table>	# of Athletes	Stunts	Pyramid	5-10	1	2	11-14	2	2	15-19	3	3	20-25	4	4	26-30	5	5	<table><tr><th># of Athletes</th><th>Tumbling</th><th>Jumps</th></tr><tr><td>5-7</td><td>5</td><td>5</td></tr><tr><td>8-10</td><td>7</td><td>7</td></tr><tr><td>11-13</td><td>9</td><td>9</td></tr><tr><td>14-17</td><td>12</td><td>12</td></tr><tr><td>18-21</td><td>15</td><td>15</td></tr><tr><td>22-25</td><td>19</td><td>19</td></tr><tr><td>26-30</td><td>22</td><td>22</td></tr></table>	# of Athletes	Tumbling	Jumps	5-7	5	5	8-10	7	7	11-13	9	9	14-17	12	12	18-21	15	15	22-25	19	19	26-30	22	22	Difficulty factors include the following: Difficulty of skills performed, athlete participation, pace, variety and quantity in this order See level appropriate skills that meet and exceed the range requirement to boost the score Group Stunt – Traditional group of 4 athletes Toss – A traditional group of 4 athletes PLUS a front spot Coed Style – A group of 3 athletes (assisted or unassisted)	Includes overall execution and precision of movement, quality of footwork, use of floor space and levels, pace and flow between skills, creative and seamless transitions, visual variety and formations, effective use of ripples, group synchronization, and incorporation of dynamic elements that enhance crowd appeal and visual impact. Choreography should complement the music, highlight team strengths, and maintain consistent energy and engagement from start to finish.
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STUNT LEVEL APPROPRIATE SKILLS

TWISTING	INVERSIONS	RELEASE	OTHER	COED
¼ up to extended	Inversion below prep level	Release moves to below prep level	Full twisting dismount from 2 legs	Toss prep
½ up to extended	Below prep level inversion out of stunt (yo-yo, back walkover, etc.)	Horizontal release moves to below prep	Single leg extended variations	Toss hands press extension
Rewind transition to load	Suspended rolls	Release moves to prep level (quick toss, switch up, ball up)	Single base extension	Walk in extension
Full up variation to prep level	Inverted dismounts (cartwheel style)	Horizontal release move to prep level	Switch up to prep level single base	Toss prep press to extended single leg
Full up to prep level	Ground inversion to prep level	Up to ¼ twisting switch up to prep one leg	Extended single base liberty	Full up variations to prep
Full up to prep level body position	Prep level inversion		½ twisting to extended single base	Walk in single leg variation
	Released inversion to below prep level		1-1/4 twisting dismount from single leg stunt at prep level or below	
	Released inversions from prep level or below to prep level			
	Ground inversion to extended			

PYRAMID LEVEL APPROPRIATE SKILLS

Difficulty of skill determined by number of bracers used during execution. Skills performed without bracer must be legal as a stunt under intermediate rules

NON-RELEASED TRANSITIONS (Top remains connected to base/spotter)	RELEASED TRANSITIONS (Top released from base/spotter)	FLIPPING/ROLLING TRANSITION (Hip over head rotation)
Inverted stunts to prep level and below	Non-inverted released transition to any level with 2 bracers	Rolling transition to prep and below
Full up variations to prep level or below	Non-inverted released transition to prep or below with 1 bracer	Rolling transition to extended position with 2 bracers
Inverted stunts to extended with bracer (s)	Switch up landing extended – braced or unbraced	Rolling transition to extended position with 1 bracer
Full up variations to extended with bracer (s)	Non-inverted released transition landing extended with 1 bracer	Braced flip (front or back) to cradle position with 2 bracers
Inverted stunts involving spinning to prep with bracer (s)	Braced inverted stunts released to prep or below	
Inverted stunts involving spinning to extended with bracer (s)	Released transition with up to ½ twist	
Single based full up variations to prep with bracer (s)	Released transition with inversion that land extended with 2 bracers	
Single based full up variations to extended with bracer (s)		

*This list of skills is NOT all inclusive. Please remember that other factors for difficulty include pace, combination of skills, number of bases, variety etc.

* Following this is only a guideline and does not guarantee a specific difficulty score

**AmeriCheer Family of Brands Reserves the right to make all the FINAL rules and Scoring Decisions

***MIDDLE SCHOOL BASKET TOSSES ARE NOT PERMITTED

